

Monday	Tuesday	Wednesday	Thursday	Friday
* Meets Vitamin C requirement **Meets Vitamin A requirement for Department of Aging ***Meets Vitamin A & C [=] Potassium-rich [+] High Sodium Lunch meets 1/3 requirement for the Recommended Daily Allowance. Menu is subject to change without notice				Vegetable Lasagna 1 w/LS Tomato Sauce (Cottage Cheese, egg, Mozzarella) (Spinach, Mushroom, Zucchini) Lasagna Noodles in Entrée Vegetables in Entrée <i>Split Peas Soup</i> Mesclun Salad Mix w/Cucumber, Celery *Strawberries
Baked Salmon 4 w/Dill or Citrus Sauce <i>[=] Tomato Basil Soup</i> Brown Rice Peas and Onions ***Broccoli Salad [=] Vanilla Pudding	Moroccan Style 5 Chicken Breast Pita Bread **Ginger Carrots Mesclun Salad Mix w/Chickpeas, Radish Apple or Cinnamon Applesauce *[=] Orange Juice	Spaghetti 6 w/Meatballs (Ground Beef) <i>[=] Lentil Soup</i> WG Pasta Italian Vegetable Blend (Cauliflower, Ital. Beans, Zucchini) Caesar Salad w/Romaine, Croutons, Parmesan ***Cantaloupe or **[=] Tangerine	Tarragon Turkey Stew 7 (w/Mixed Vegetables, mushrooms, peas, carrots) Biscuit ***[=] Spinach Salad w/Shredded Brussels Sprouts, Bell Pepper, Cucumber Fresh Fruit Cup	Santa Fe Chicken 8 <i>Tortilla Soup</i> Whole Grain Roll Roasted Corn ***Cabbage Kale Salad w/Celery [=] Banana [=] *Orange Juice
Roast LS Turkey Breast 11 w/LS Sauce Whole Grain Bread Stuffing **[=] Fresh Whole Sweet Potato or Yam Green Beans w/Mushrooms & Herbs Waldorf Salad (Apples & Celery) *[=] Orange Juice	Baked or Breaded 12 White Fish w/Tartar <i>Vegetable Beef Soup</i> Barley/Bulgur Pilaf [=] Harvard Beets Mixed Salad Greens w/Tomato & Cucumber *Fruit Cup w/Strawberries, Melon	BBQ Chicken 13 Corn Muffin [=] Roasted Red Potato w/Olive Oil ***[=] Spinach Salad w/Mandarin Oranges [=] Lemon Pudding	LS Beef Vegetable Stir Fry 14 (celery, onions, broccoli, bamboo shoots) <i>[=] Red Bean Ginger Soup</i> Jasmine Brown Rice *coleslaw [red & green cabbage] [=] Banana	Father's Day Menu 15 Pot Roast w/carrots and celery Dinner Roll [=] Mashed Potatoes Peas w/Pearl Onions Chocolate Cake [=] Orange Juice* 
Caribbean Chicken 18 w/LS Sauce w/black beans [=] Brown Rice Corn ***[=] Mixed Salad w/Kale, Shredded Brussels Sprouts, Lettuce, Spinach Fresh Peach, Pear or Grapes	Turkey Cheese Burger 19 (lettuce, tomato) <i>[=] Mushroom Soup</i> Whole Grain Bun [=] Potato Salad ***Broccoli Salad [broccoli, raisins, red onion] [=] Chocolate Pudding	Tuna Salad Cold Plate 20 <i>[=] Butternut Squash Soup</i> Whole Grain Roll ***Carrot, Apple, Bell Pepper & Celery Salad Mixed Salad Greens w/Cucumber & Tomato [=] Banana	Chicken Milanese 21 Linguine w/LS Marinara Sauce Zucchini & Cauliflower/w Herbs Caesar Salad w/Romaine, Croutons, Parmesan Apple or Applesauce *[=] Orange Juice	Enchilada Casserole 22 (Ground Beef, Jack Cheese) Corn Tortilla in Entree Green Beans w/Olive Oil Mesclun Salad Mix *[=] Fruit Cup w/Mandarin, Pineapple and Mango
25 Swedish Meatballs (Turkey) Tarragon WG Noodles [=] Roasted Beets w/Olive Oil Assorted Salad Greens w/Celery, Apple [=] Banana *[=] Orange Juice	26 Beef Fajita [peppers, onions] <i>Corn Chowder Soup</i> Warm Flour Tortilla [=] LS Pinto Beans ** Carrot, Raisin Salad *[=] Cantaloupe	27 [=] Mandarin Orange Chicken Jasmine Brown Rice Pilaf Green Beans w/Mushrooms, Water chestnuts, Onions *coleslaw [Red & Green Cabbage] Peach/Nectarine/Plum	Baked Fish OR Spinach Quiche 28 <i>Vegetable Soup</i> Whole Grain Roll **[=] Fresh Baked Sweet Potato or Yam Greens Salad w/Tomato, Radish *[=] Fruit Cup w/Melon, Strawberries	29 Chicken Cacciatore w/LS Tomato Sauce Baked Ziti [=] Roasted Brussels Sprouts **Carrots & Zucchini w/Herbs Oatmeal Cookie *[=] Orange Juice